

FLINDERS FACTS

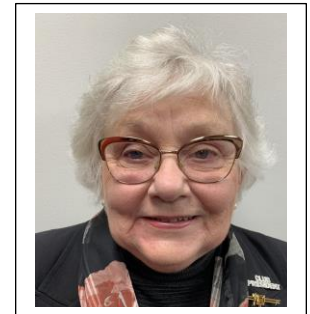
Zonta Club of Adelaide Flinders Inc
District 23, Area 2,
Club 993 Chartered December 1981



2022 – 2024 BIENNIUM
Issue 3
'Build a Better World for Women and Girls'



*From the Co-Presidents
September / October 2022*



Fellow Zontians,

It does not seem two months since our last Newsletter, but it is! Guess when one is busy time just flies. At least we are now approaching spring, with the sun shining, and the flowers coming out in abundance. Spirits are lifted after such a long gloomy winter and we are starting to live in the 'new normal'.

In our September meeting we reflected on the passing of Queen Elizabeth II. Queen Elizabeth II will be remembered as a woman who epitomised service and dedication, which she did unfailingly for seventy years. Indeed, outstanding service, that we may not see again.

September and October were months of meetings - with all of our Committees working tirelessly for our Club. The Club was thrilled to receive a donation for \$200 from the wonderful women at **'Rugs for Love'**. They spend countless hours creating beautiful rugs and this money was from the sales of rugs achieved during a display which was open to public.

Our Club has adopted the use of a **'Consent Agenda'**, which works exceptionally well. It is pivotal on written reports being received from chairs of committees and circulated to all members prior to the meeting. This process has allowed us more flexibility during our dinner meetings to allocate the time to specific issues and also for guest speakers.

We all enjoyed our **'International Night'** meeting which is traditionally held in October. We were honoured to have the Hon Consul for Sri Lanka, Dr Charitha Perera, and his wife Mihiri attend, together with Dr Deepal Lecamwasam as our Guest Speaker. His wife Piryani and his Mother Chitra also attended. A wonderful evening celebrating Sri Lanka, its history, culture and food.

This year it seems October is our fundraising month with a Garage Sale and Film Night in the final stages of planning. Our film, **'Mrs. Harris Goes to Paris'** is proving very popular. It will be held on 30th October at the Regal Cinema. We do have a few seats left - tickets are available on [Trybooking.com.au/CBTRA](https://www.trybooking.com.au/CBTRA) or from members of the Club. Unfortunately we took advice from the Bureau of Meteorology and have postponed the Garage Sale, which will now be held later in November. It would not have been fun standing in the rain trying to sell wet bric-a-brac!

Cont:

Looking forward, November is a very special month for Zontians - a month where we focus on **'Zonta says No'**. Domestic violence is a social dilemma that is becoming more prevalent every day. It fractures lives and families, scarring both women and children, creating fear and homelessness. Coercive control is now coming to the fore with the government and many agencies now acknowledging its existence and devastating results. The 16 days of Activism commence on 25 November (UN Day for the Elimination of Violence against Women) through to the 10 December (Human Rights Day). Jenni Foreman, our Area 2 Advocacy Chair has collated a list of activities during the 16 days which Lesley (as Area 2 Director) will make available to everyone. Zontians have the opportunity to join in with other Clubs' events so check it out and if you can go to just one of these, you will make a difference. We are also grateful to SA Power Networks who will promote the 16 days of Activism and the advocacy work of Zonta on their billboard at the corner of Greenhill Road and Anzac Highway.

Our Club, in collaboration with the West Adelaide Football Club will be holding our 2nd **Clothesline Event** on 29th November. T-shirts are painted with uplifting slogans that make a statement against domestic violence. The t-shirts will then be hung around the Football Club. Details are available on our webpage and don't forget to download the Poster attached to our Newsletter email. You are warmly invited to attend and to hear our guest speaker, Derek McManus talk about the effects of violence upon our community.



We are also focussing on our Club's Annual Award - **Woman of Inspiration** and are actively calling for nominations for the 2023 awards. If you have someone in mind who you would like nominate please let us know and we will forward the relevant forms to you. It is important that we keep this award in our focus as we present these at our May meeting next year.

A thought that is relevant for our events in November,

'The Dignity of the Person is Paramount'

Stay safe and well, yours in Zonta Fellowship,

Lindy Berketa and Lorraine Omond



Obituary: Barbara Gepp

It is with sadness that we have been advised that Barbara Gepp passed away peacefully at the RAH on 30/9/2022, aged 87 years.

Some of our long standing members would have known Barbara given that she was one of our Charter Members.

Our thoughts are with all members of her family at this sad time

GUEST SPEAKER (September Meeting) - DOROTHY SHORNE

Dorothy was a child of the 50's, raised in Rostrevor, SA and from a very young age demonstrated clear signs of independence. She had an adopted Aboriginal brother and this would later in life, lead her to pursue a life in the Northern Territory.

After leaving school, Dorothy commenced a course in Interior Design, inspired by her family's soft furnishing business. However, only one and a half years into her course, she decided to drop out and embark on a real life skill adventure, by hitch hiking to Alice Springs. From there she moved on to join friends in Darwin doing odd jobs to earn money. Dorothy returned to Adelaide prior to Cyclone Tracey and worked in the family soft furnishing business.

At the age of 22, Dorothy again headed off to Alice Springs, this time accompanied by her sister. She spent 7 years there, working as a bar maid, learning to fly small aircraft, becoming heavily involved in community events and eventually opening her own soft furnishing business. In conjunction with a friend, Dorothy also opened a Real Estate Agency, tendered 40 modular houses for aboriginal estates, which she herself, set up in the camps and established a women's refuge.

Back in Adelaide, Dorothy graduated in property development, leading her to work at Sydney Airport, whereby she was heavily involved in the extension of the runway out into Botany Bay. At the same time, she became a marriage celebrant and later a property consultant in Melbourne, an executive officer in the Australian Health Industry and a service provider for the delivery of power to SA Networks.

At age 40 and after an extensive and varied career, Dorothy gave birth to a son and returned to Adelaide for family support. She continued on as a marriage celebrant and in latter years, embarked on a writing career, in romance fantasy and crime books, as an indie author under the pseudonyms of Emily Hussey (her great grandmother's name) and Rowena Wilde.

Today, Dorothy's latest project is renovating a cottage for herself and now, adult son.



GUEST SPEAKER (October Meeting) - DR DEEPAL LECAMWASAM

Dr Lecamwasam provided an extensive overview of the history of Sri Lanka, from the time of the Sinhalese Kings, through the period of Colonisation to the Republic in 1972. Nepotism, corruption and inefficiency over successive regimes have led to financial disaster in a country blessed with natural resources.

The geography of Sri Lanka is quite diverse and spectacular. Forests make up nearly 30% of the land area, 12 major rivers run through the regions and central mountains and tea country dominate the surrounds.

Cities are overcrowded and bursting at the seams, with Colombo, the commercial capital, supporting a population of 648,000. Total population of Sri Lanka 21.6 million.

Buddhist make up 70.2% of the religious faith across Sri Lanka, followed by Hindus 12.6% and Islam 9.7%. The people are generally tolerant and respectful, harmonious in diversity and highly resilient. Family and friends are at the forefront of their lives. Sri Lankans highly value education, boasting a literacy rate of 92.8%.

Exports include tea (Sri Lanka is the 4th largest producer in the world) rubber, coconut, spices and essential oils, cinnamon, apparel, ceramics, porcelain, precious and semi-precious stones.

Dr Lecamwasam concluded his presentation with a profound saying:

***“If you don’t find happiness along the way,
you will not find it at the end of the road”***



***Special thank you to the Program Committee for the
amazing efforts to celebrate International Month***

National Council of Women (SA)

Lindy and Kae recently attended (via Zoom) a National Council of Women (SA) meeting where the guest speaker was Simon Rowe, Founder of sleepbus®. The presentation was extremely moving given Simon's commitment to make a difference to the most vulnerable people who do not have a safe place to sleep.

We were provided an overview of his motivation to create a safe place for people to sleep (refer to the website from more information <http://www.sleepbus.org>).

Following the presentation there was a lot of discussion about the option to support such a concept in South Australia and the National Council of Women indicated that they will follow this up with key stakeholders (inclusive of politicians). Each bus is either 'blue' for men or 'pink' for women. There is certainly an opportunity for Zonta to consider opportunities for fund raising and provision of service in the future.

The following information was sourced from the website for your information:

What is a sleepbus®?

A sleepbus® provides safe, temporary overnight accommodation, getting people off the street by offering immediate, first stop, cost effective solution for our society's most vulnerable; catching them early until they can get back on their feet.

What is in a sleepbus®

Each sleepbus® has up to 20 secure, climate controlled, individual sleep pods with a lockable door and toilet. Everyone is looked after with overnight volunteer caretakers and CCTV surveillance, we also have under bus storage for belongings, and pets are welcome to stay also.

How does it work?

A sleepbus® comes into its Service location from 8pm, onboard guests from 8:30pm and everyone is tucked in bed with doors closed at 10pm. Supported by our onboard, volunteer Caretaker, guests stay warm and safe on sleepbus® all night until disembarking from 7am, with sleepbus® heading back to the depot to be reset at 8am.



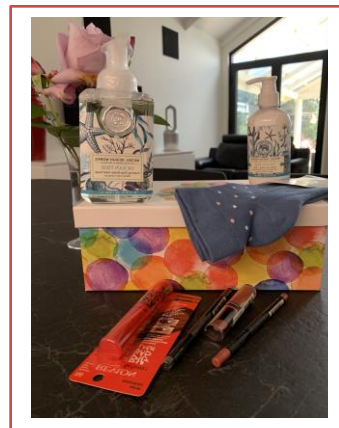
Shoe Boxes of Love for Olga Fudge House:

Have you filled your 'Shoe Box of Love' to support Olga Fudge House who will distribute to their clients for the Festive Season?

Olga Fudge House provides valuable short terms services to Aboriginal women who require accommodation, financial and educational assistance. Examples of how you can fill your 'Shoe Box of Love' could be:

Note book & pen	Body Lotion	China mug
Good luck charm	Guardian Angel Pin	Toiletries
Hand Cream	Makeup items	Scarf
Socks, ladies briefs	Small photo frame	Beanie
Combs, headband	Good luck charm	Coloured Pens

Please ensure that you return your 'Show Box of Love' to Isobel at the November 2022 meeting



Susan MacDonald recognised:

Quick reads

I love working with food...

...and hope to keep helping others

I COOKED FOR THE QUEEN!

It was a meal I'll never forget

Susan MacDonald, 76, Sheidow Park, SA.

As Her Majesty Queen Elizabeth II picked up her fork and took a delicate bite of the turkey I'd helped to prepare, I watched on with great curiosity.

Then she turned her head and smiled politely at the dignitary next to her to make polite conversation.

I've passed! I thought, quietly sighing with relief.

It was March 11, 1986, and the Queen was on a royal visit to Australia.

I was working for a catering company that cooked for the South Australian Department of Premier and Cabinet, so we were used to preparing food for important visitors and dignitaries. But this lunch held at the Rothmans Theatre in the Wayville Showgrounds topped them all.

We were buzzing with excitement as we prepared the ham and turkey, which was served with a pear and cranberry sauce, and accompanying salads.

My other duty was decorating the table. I separated the doilies in the kitchen so bits of paper didn't fall onto the carpet.

The Queen brought her own glass to drink from with a heavy base so that she wouldn't knock it over.

"She thinks of everything," I said in wonder to my husband, Malcolm, afterwards.

While I'd worked in food all my life, this was definitely the highlight of my career and poor me mention these big names, but my most rewarding experience has been volunteering for Meals on Wheels, after I retired.

It's important to give back to the community and this service really does change the lives of those who can no longer cook for themselves.

I also teach cooking classes to domestic violence survivors and judge competitions at the Adelaide Royal Show and country shows.

Like most people, I was saddened by the Queen's passing - she was an inspiration to many and I'll always remember my brief encounter with her fondly.

My work in the kitchen is far from done and I hope that through food I'll keep making a difference in the lives of others.

Malcolm, my two sons Todd, then 12, and Brooke, nine, and all my friends heard me talk of nothing else for weeks!

This wasn't the last time I had a brush with fame. In 2016, I was invited to cater for the launch of the NDIS and, along with three of my chefs, we served scones and finger food to then PM Julia Gillard.

A lot of people are fascinated when they hear

This lunch topped them all

Her Majesty Queen Elizabeth II

AS TOLD TO CATHY HAMERSON

20 Take5

Susan MacDonald was recently featured in the 'Take Five' magazine (29th September 2022) recognising her significant achievements as a chef and volunteer.

Her love of cooking has seen her supporting a number of community organisations through either providing meals, demonstrating cooking to assist domestic violence survivors on how to cook to judging at the Adelaide Royal Show!



Cont:

New (Returning) Member:

At the September 2022 meeting it was a privilege to re-introduce Di Cooper back into the Club. Jill proudly provided her with her new her new badge.



Donation from 'Rugs for Love'



Dear Members of the Zonta Club of Adelaide Flinders,
Please accept a donation of \$200.00 from the 'Rugs for Love' group. We were able to complete 250 rugs in 2021/22 year. We had another very successful exhibition in the church this year. Your members Carolyn Colquhoun and Sue Lear are in the 'Rugs with Love' group. We are delighted to be able to make donations to three Zonta Clubs, a VIEW Club and Days for Girls. All rugs have been distributed to the Department of Child Protection (north, south, central), Women's Safety Services (north and south), Zonta Club of Noarlunga Southern Vales (baby rugs for their project with Christies Beach High School and Coolok House) and various families that have been doing it tough.

This project is self-funded by generous donations we receive of wool and fabrics and the good will of women who love to knit, crochet, sew and get together once a month to create the masterpieces. We know that you will put the money to good use and it is our pleasure to be able to share.

Pauline Glover, Coordinator of 'Rugs for Love'



Service Reports

The Board has approved and supported five Service Projects for 2022/2023 which include:

- Sewing Circle - Lead: Lesley Seigloff
- Breast Cushions - Lead: Sarah Cunningham
- Toiletry Packs - Lead: Isobel McFarlane
- Birthing Kits - Lead: Sue Lear
- Food for Thought - Lead: Heather Smigiel

Sewing Circle:

The Sewing Circle is reviewing the opportunities to enhance membership and support and further discussions will be had at the next Board meeting

Breast Cushions:

The demand for breast cushions continues to be high especially in the rural location where there have been appointments of new McGrath Breast Care nurses.

23 cushions were provided to Calvary Hospital in September and further cushions will be provided to Naracoorte in the near future.

Since 2002 when our Club commenced making the breast cushions, we have now distributed **5,900 cushions** - an amazing effort.

In November, it is anticipated that at our monthly meeting we will assist in finalising the 'stuffing, sewing and packaging' of breast cushions.



Toiletry Packs:

50 Toiletry Bags have recently been delivered to the Western Shelter and to Olga Fudge House. Following a recent stocktake the following list provides an indication of what is required to be donated if members have the opportunity to assist. Please provide your donations to Isobel at our monthly meetings

Deodorant's : 70	Hair ties (3) : 300	Razor : 90
Facewashers : 60	Shampoo : 65	Emery boards (2) : 60
Hair brush : 75	Conditioner : 65	Soap : 100
Soap box cont. : 30	Tissues : 100	Toothbrushes : 100
Toothbrush holders : 30	Toothpaste : 20	










Birthing Kits:

The next workshop program is being finalised and further information will be made available to members at a later date

Food for Thought:

Further information will be provided to members as soon as possible.

<p><u>Advocacy:</u></p>  <p>SAVE THE DATE</p>	<p><u>23rd November 2022:</u> White Ribbon Breakfast Contact: Cintra Amos</p> <p>Location: Adelaide Convention Centre, North Terrace, Adelaide</p> <p>Commence: 6.45am and concluding at 9am</p> <p>Zontians have regularly attended the White Ribbon Breakfast to support the end of ‘any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life’.</p> <p>A table has been booked by Cintra so if there are any changes please confirm directly with Cintra</p>
<p><u>Fundraising :</u></p> 	<p><u>19th November 2022:</u> Garage Sale: Contact: Lindy Berketa</p> <p>Location: 121 William Street, Norwood</p> <p>Commence: 8am and concluding at 1pm</p> <p>Due to weather conditions our Garage Sale has been rescheduled to the 19th November (Note this date will be confirmed prior to members). Members are asked to stock up on items that could be sold at a ‘Garage Sale’ (no clothing) to assist in fund raising for our Service projects. Items need to be delivered to Lindy’s place the week before.</p> <p>So start looking through your cupboards for items</p>
<p><u>Advocacy:</u></p> 	<p><u>29th November 2022:</u> Clothes Line Project Contact: Lesley Siegloff</p> <p>Location: West Adelaide Football Club Rooms</p> <p>Commence: 5.45pm for 6pm and concluding at 7.30pm</p> <p>Joint collaborative with the West Adelaide Football Club. Players (both men and women) will paint T-Shirts and personalise them with their Guernsey number as an affirmation, then hang them on the clothesline. Please visit theclotheslineproject.org for more information.</p> <p>Can you please confirm your attendance to Lesley</p>
<p><u>Fellowship:</u></p> 	<p><u>7th December 2022:</u> Christmas Celebrations Contact: TBA</p> <p>Location: Caledonian Hotel, 219 O’Connell Street, North Adelaide</p> <p>Commence:</p> <p>Details to be provided in the next Flinders Facts</p>

<p><u>Fundraising :</u></p> 	<p><u>(TBA) February 2023:</u> High Tea / Fashion Parade Contact: TBA</p> <p>Location: Adelaide Oval (tentatively)</p> <p>Commence: TBA</p> <p>Details to be provided in the next Flinders Facts</p>
<p><u>Fundraising:</u></p> 	<p><u>26th May 2023:</u> Quiz Night Contact: Sarah Taylor</p> <p>Location: TBA</p> <p>Commence: 6pm</p> <p>Details to be provided in the next Flinders Facts</p>
<p><u>SAVE THE DATES: Zonta Conferences:</u></p> <p>Gathering with Zontians outside our club is a valuable opportunity to expand your Zonta network, your Zonta knowledge and have the opportunity to interact and socialise with likeminded women. As well as our own Area 2 Workshops, we have the opportunity to attend biennial conferences.</p> <p>District 23 Conferences and Zonta International Conventions which are held in alternate years.</p> <p>Adelaide Flinders have always had a strong contingent both for the D23 and International events and all members are asked to consider attending both. So you can plan ahead, please put these dates in your diary now.</p>	
	<p><u>6th May 2023:</u> Area Workshop Contact: tba</p> <p>Location: tba</p> <p>Further details will be made available once program is confirmed</p>
	<p><u>1 -3rd September 2023:</u> District 23 Conference Contact: Cintra Amos</p> <p>Location: Bunbury</p> <p>Further details will be made available once program is confirmed</p>
	<p><u>4TH May 2024:</u> Area Workshop Contact: tba</p> <p>Location: Port Lincoln</p> <p>Further details will be made available once program is confirm</p>



Don't forget to log in to the ZI website and check your personal details? Are your contact details up to date? It is your responsibility to make any changes if you move house or change your contact details.

Did you realise that our club website has links to other sites? They are in the black box at the bottom of the home page. Our QR code provides a direct link to our site. Go to: <https://zontaadelaideflinders.org.au>



At the bottom of the home page there are links to Zonta International, District 23 and also our club Facebook, and Instagram accounts.

Do check them out.

Woman of Inspiration Award: In memory of an inspiring woman - Trish Pickering

The purpose of this award is to recognise women who personify the spirit of humanitarianism of Zonta. Awardees have conquered adversity and as a result of their service the community is a better place to live.

If any member is aware of a potential nominee please contact Lindy Berketa via email on lindyberketa@hotmail.com

The award is presented in May each year

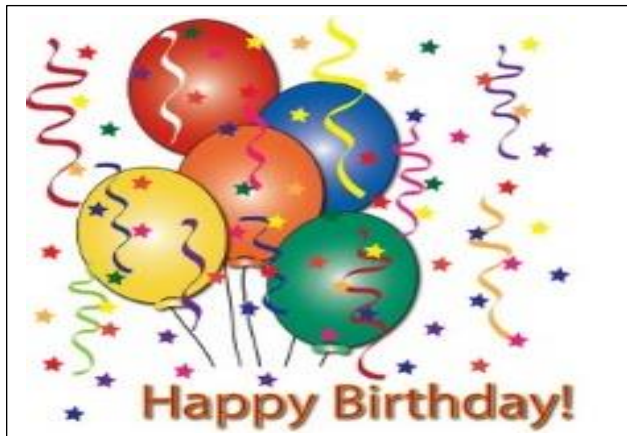
Nominations close end of February each year



September / October 2022 Birthdays

We would like to wish the following members a very happy birthday:

- Jessica Knight (6th September)
- Sarah Cunningham (9th October)
- Sherry Proferes (12th October)
- Marianne Kidd (23rd October)



Board & Leadership Roles

2022-2024

Co-Presidents: Lindy Berketa
Lorraine Omond

Vice President: Eronwy Edwards

Secretary: Julie Hayford

Treasurer: Lisa Mulvaney

Directors:

- Marcia Hakendorf, Julie Hayford, Jessica Knight, Heather Smigiel, Lesley Siegloff, Sarah Taylor

Club leads

Advocacy

- Lesley Siegloff

Awards

- Lindy Berketa

Breast Cushion Project

- Sarah Cunningham

Birthing Kits

- Sue Lear

Correspondence

- Cintra Amos

Fellowship

- Marianne Kidd

Fundraising

- Sarah Taylor

Membership & Recruitment

- Jill Welsh

PR & Communication

- Eronwy Edwards

Program

- Jessica Knight

Service

- Heather Smigiel

Nominating Committee

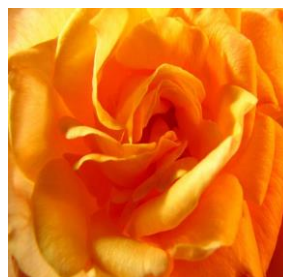
- Jill Welsh

National Council of Women SA

- Lindy Berketa & Kae Martin

Objects of Zonta

- *To improve the legal, political, economic, educational, health and professional status of women at the global and local level through service and advocacy.*
- *To work for the advancement of understanding, goodwill, and peace through a world fellowship of executives in business and the professions.*
- *To promote justice and universal respect for human rights and fundamental freedoms*
- *To be united internationally to foster high ethical standards, to implement service programs, and to provide mutual support and fellowship for members who service their communities, their nations, and the world.*



The Zonta Thanks

*Wherever your country of birth
whatever your faith or creed
give thanks for the meal we share in Zonta Fellowship
But remember too those who have no food today
not with guilt that we have so much
but with hope that through Zonta service and advocacy
they too may come to share the same
in peace and harmony.*

Monthly Club Dinner Meetings

3rd Wednesday of the month at 6.15 for 6.45 pm

Venue - West Adelaide Football Club, Richmond

RSVP & Apologies to Isobel: 0418 953 648

Just click on QR Code or Links to Club Information

Website: <http://zontaadelaideflinders.org.au/>

Facebook: <https://www.facebook.com/adelaideflinders/>

Instagram: [zonta_club_adelaide_flinders](#)

Address: PO Box 27, Unley Business Centre, SA 5061

